

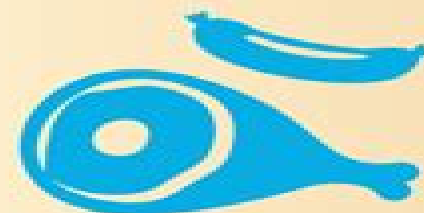
ROUTINE

aim to sleep



EXERCISES

workout early
in the day



DO NOT EAT

much before going
to bed

WAYS TO IMPROVE SLEEP



RELAXATION, MEDITATION



HOT SHOWER OR BATH



SUNLIGHT

switch off turn off tech
and dim lighting



SWITCH OFF

turn off tech
and dim lighting



ALCOHOL LIMIT

Sleep Eazzzi

Michael Hoelscher



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